

REGINA
metro®

NEWS
WORTH
SHARING.

Tutti Frutti
FRESH FRUIT

\$1 OFF

TEEN ABBY DINE • TST GARDEN STONE • ...

THE LARGEST SEAT BEING PROVIDED FOR THE WORLD

Often Mr. Tough Guy

Metro film critic Richard Crouse takes a look at the roles that make actor Josh Brolin tick

PAGE 6



SAY HELLO TO SOCHI

WE'VE GOT EVERYTHING YOU NEED TO KNOW ABOUT THE OLYMPIC HOST TOWN, A.K.A. THE RUSSIAN RIVIERA

PAGES 8 & 9

Happy Chinese New Year
恭贺新年
From Chai Chung

(306) 201-4888 | chai.chung@century21.ca
Century 21 Regina Realty Inc.

Independently Owned and Operated and trademarks of Century 21 Real Estate LLC, used under license.

Man arrested after bizarre break-in at legislature

Not politics as usual. 24-year-old taken to hospital for observation after reportedly kicking in glass door, calling himself King Edward



SARAH TAGUAM

sarah.taguam@metronews.ca

In a bizarre string of events, a man who called himself King Edward was arrested after breaking into the Saskatchewan Legislative Building Monday night, police said.

Around 6 p.m., a shirtless man wearing steel-toed boots kicked the glass door west of the legislature's main entrance and entered the building, according to Regina police.

"Our security picked up on it right away and I hap-

pened to be close to where he was," said building manager Steve Bata.

Bata, who was first on the scene, observed that the man was "certainly in duress."

"He was kind of ranting about historical stuff and the age of the building ... and didn't always make sense," Bata said.

Regina police communications officer Leslie Parker said the 24-year-old man insisted that he was King Edward.

The man also reportedly had items from the gift shop in his possession.

He was taken safely into custody and was sent to hospital for observation due to his possible intoxication.

Police continue to investigate the incident and can't confirm if any charges have been laid against the man.

During his 28 years as an employee at the legislature, Bata said he hasn't experi-

enced any break-ins of a similar nature.

"We haven't had some-one break in like this," Bata said. "Between the steel-toed boots, a lot of determination and the cold weather, those three added together got him through the door."

Parker agreed, saying this is the first break-in that police have recorded in the legislature since 2006.

Meetings were still taking place in the building at the time of the incident but no one, including the man, was injured during the ordeal.

Building officials are currently working with carpenters and glass suppliers to fix the damages. Bata estimated that the damages would be as high as \$2,000.

"At the end of the day, somebody made a bad choice, but nobody got hurt and there wasn't too much damage," Bata said. "It could have been worse."



'GIVE AMERICA A RAISE'

U.S. President Barack Obama delivers the state of the union address in Washington, D.C., Tuesday, as Vice-President Joe Biden and House Speaker John Boehner listen. Seeking to energize his sluggish second term, Obama vowed to sidestep Congress "whenever" necessary to narrow disparities between rich and poor, including raising the minimum wage. Story, page 3. LARRY DOWNING, POOL/THE ASSOCIATED PRESS

CAFÉ MARKET

1221 Osler Street,
Regina SK, S4R 1W4
(306) 347-1221

Visit us @ Café Market
for all your
Coffee Geek needs!

CALIBER
COFFEE ROASTERS

Craft roasted in Regina & proudly served at:
NAKED BEAN ESPRESSO BAR & CAFÉ
2505 Broad Street, Regina SK S4P 4H6

Promoting transgender equality in Saskatchewan #Time4Rights

Social media. Group ramps up campaign by asking simple question, self-portrait submissions

The question is simple: Why do you support transgender rights?

Since members of the Gender Equality Society of Saskatchewan (GESS) launched the Time4Rights campaign in December, they have been asking people through social media to send in their answers along with a self-portrait.

"We've had lots of pictures coming through on our Facebook group, so much so that I haven't been able to keep up with transferring them over to our Instagram," said founder Mikayla Schultz, a trans woman from Regina. "The response has been overwhelming."

Schultz explained the movement is calling for wording to be placed into the Saskatchewan Human Rights Code protecting people of all gender identities and expressions from discrimination.

There are already six provinces and territories — Newfoundland and Labrador, Nova Scotia, P.E.I., Ontario, Manitoba and the Northwest Territories — that have this kind of legislation in place, she added.

"Now is the time."

While she said there is Canadian case law to set precedent for certain segments of the trans community including medically transitioning transsexuals, according to Schultz the language in the Saskatchewan code doesn't go far enough.

For example, she said, there is no mention of those who identify as intersex, or those who appear to be one gender but express themselves as another. "There's lots of uncertainty," said Schultz.

Many trans people in the province feel isolated from the rest of society, she said, which is where the social media comes into play.

"A lot of our efforts are kind of hiding behind the computer monitor," she said.

But Justice Minister Gordon Wyant says the legislation is fine as is.

He said in an emailed statement to Metro that after consulting with officials from the Ministry of Justice as well as the Saskatchewan Human Rights Commission, he is confident the existing wording "protects against discrimination to transgendered persons under the grounds of sex and/or gender."

"I do not believe the Saskatchewan Human Rights Code needs to be amended to protect transgendered persons, as it already serves that function," said Wyant. **JACOB MORGAN/METRO**



Tyra Choquette, a 17-year-old student at Walter Murray Collegiate, showed her support as an ally of the Time4Rights campaign on the group's Facebook page. **FACEBOOK**

Sask. gov't a B on annual Red Tape Report Card

The government of Saskatchewan has been awarded an improving B grade for its efforts cutting bureaucratic waste in the Canadian Federation of Independent Business's (CFIB) annual Red Tape Report Card released on Tuesday.

The small-business advocacy group praised the government's Regulatory Modernization and Accountability Act as

a concrete effort to measure and report the regulatory burden existing in the province.

"We're celebrating the fact that Saskatchewan is taking this very seriously — they are the second province in the country to legislate red-tape accountability," said Marilyn Braun-Pollon, vice-president of prairie and agri-business with the CFIB.

The Red Tape Report Card assesses progress on "regulatory accountability" by gauging the efforts jurisdictions have taken to bolster public accountability of regulatory measures, according to the CFIB website.

Saskatchewan's B grade is a marked improvement from its C ranking recorded in last year's report card.

Economy Minister Bill Boyd credited the CFIB for recognizing the progress the government has made in reducing red tape and modernizing the province's regulatory scheme.

While stressing the need to remove antiquated and unnecessary rules, NDP MLA Trent Wotherspoon noted the importance smart, sound regulations play in ensuring safe

and healthy communities.

Once again, British Columbia nabbed top spot with a solid A grade, followed by Quebec and the federal government's B+ marks.

New Brunswick and Ontario also recorded B grades, while the remaining provinces and territories failed to receive grades higher than a C+.

MARCO VIGLIOTTI/METRO

Country-of-origin

Saskatchewan backs retaliatory measures to U.S. meat labelling

Saskatchewan says it supports the federal government's proposed retaliatory measures against the U.S. over country-of-origin labelling on meat.

Agriculture Minister Lyle Stewart says Canada and the

United States depend on one another for the shared success of the agriculture industries.

Stewart says country-of-origin labelling is a protectionist measure that has cost Canadian producers billions and will continue to be a hardship.

The labelling rules are blamed for complicating the import of meat and livestock into the U.S. from Canada and for reducing the amount

of Canadian exports to the country by half since 2008.

U.S. lawmakers have refused to change the rules, which require detailed labels about the origins of beef, pork and chicken sold in stores.

Federal Agriculture Minister Gerry Ritz and International Trade Minister Ed Fast have said Canada may retaliate by imposing tariffs on a wide range of American products.

THE CANADIAN PRESS

DealerRater.ca

Regina car dealership wins top prize

A Regina car dealership has won the Canadian dealer of the year prize from review website DealerRater.ca.

Capital GM Buick Cadillac won the prize as the Canadian dealership with the

highest review score from users of the website.

The dealership produced a 12-month average PowerScore of 4.80 from 699 reviews in 2013.

"It absolutely proves that we have the best staff with the upmost consideration for the customer's approval and satisfaction," said Bruce Axelson, president of Capital GMC Buick Cadillac.

METRO

Ukraine PM resigns, parliament overturns harsh anti-protest laws

PM-less. Yanukovich offered the position to opposition leader Arseniy Yatsenyuk, but he refused the post

In back-to-back moves aimed at defusing Ukraine's political crisis, the prime minister resigned Tuesday and parliament repealed anti-protest laws that had set off violent clashes between protesters and police.

The two developments were significant concessions to the anti-government protesters who have fought sporadically with police for the last 10 days after two months of peaceful around-the-clock demonstrations. The protests erupted after President Viktor Yanukovich decided to turn toward Russia for a bailout loan instead of signing a deal with the European Union, but have since morphed into a general plea for more human rights, less corruption and more democracy in this nation of 45 million.

Quoted

"We have repealed all the laws against which the whole country rose up."

Arseniy Yatsenyuk, Ukrainian lawmaker and a key figure in the opposition

The departure of Prime Minister Mykola Azarov removes one of the officials most disliked by the opposition forces whose protests have turned parts of Kyiv, the Ukrainian capital, into a barricaded maze.

However, Azarov's spokesman told the Interfax news agency that deputy Prime Minister Serhiy Arbuzov will assume temporary leadership of the Cabinet in the meantime. Such a move is unlikely to please the opposition, as Arbuzov is widely viewed as just another staunch ally of Yanukovich.

Other key issues remain unresolved in Ukraine's political crisis, including the opposi-



Riot police warm themselves by a bonfire near the Ukrainian parliament in Kyiv on Tuesday.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

tion's repeated demands for Yanukovich to resign and for a new election to be held.

Azarov's resignation came just before the opening of a special parliament session that repealed anti-protest laws that had set off violent clashes between protesters and police.

Yanukovich earlier this

month had pushed through new laws to crack down on protests and raise prison sentences for creating disorder. The laws also prohibited people from wearing helmets and gas masks, which many have done for fear that riot police would try to violently disperse protests.

Parliament will consider an amnesty measure Wednesday for scores of arrested protesters. But Yanukovich has said the amnesty is only possible if demonstrators clear the streets and vacate the buildings they now occupy — a condition that is probably unacceptable to many. **THE ASSOCIATED PRESS**

Unwelcome

Canada's reaction

Senior Ukrainian officials will be barred from Canada as a response to the continuing crackdown on protests in that country, Immigration Minister Chris Alexander said Tuesday. "We will restrict entry to Canada for key Ukrainian government officials that have been responsible for the repression and silencing of opposition voices," he said. Foreign Affairs Minister John Baird said it's a symbolic effort, but sends a disapproving message to the government in Ukraine. Baird says tougher measures could come if the Ukrainian government fails to respond to popular demands for freedom and democracy.

THE CANADIAN PRESS

Pres. Obama focuses on economic security

Vowing to act "whenever and wherever" he can, President Barack Obama unveiled an array of executive actions in his State of the Union address Tuesday night aimed at bolstering economic security for millions of Americans.

His directives, mostly modest in scope, include increasing wages for some new workers on government contracts, making it easier for lower-income people to save for retirement and providing new incentives to use natural gas.

In a sign of his troubled relationship with the divided Congress, Obama's separate proposals for action by lawmakers were slim and largely focused on old ideas that have gained little traction over the past year.

He pressed Congress to revive a stalled immigration overhaul and pass an across-the-board increase in the federal minimum wage.

His one new legislation proposal calls for expanding

Quoted

"The cold, hard fact is that even in the midst of recovery, too many Americans are working more than ever just to get by ... and too many still aren't working at all."

U.S. President Barack Obama
On income inequality

an income tax credit for workers without children.

"America does not stand still, and neither will I," Obama said.

"So wherever and whenever I can take steps without legislation to expand opportunity for more American families, that's what I'm going to do."

Draped in presidential grandeur, Obama's prime-time address to a joint session of Congress and millions of Americans watching at home served as the opening salvo in a midterm election fight for control of Congress that will quickly consume Washington's

attention.

Democrats, seeking to cast Republicans as uncaring about the middle class, have urged Obama to focus on economic mobility and the gap between the wealthy and poor.

"Opportunity is who we are," Obama said. "And the defining project of our generation is to restore that promise."

For Obama, the address was aimed at convincing an increasingly skeptical public that he still wields power in Washington even if he can't crack through the divisions in Congress.

THE ASSOCIATED PRESS

10 Saint Mary's football players suspended over 'unacceptable' tweets

With 10 players now suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets, some students on campus say they're happy to see the university take action, but add this isn't strictly a SMU problem.

"They should be accountable for their actions. Everyone should, especially at this age," said Adele Joyce, a fourth-year student at Saint Mary's, on Tuesday.

One of the player's tweets allegedly said: "to that bitch that bit me last night. Hope your dead in a ditch. you are scum."

Another player used a gay slur, while more than one retweeted racist and sexist comments.

The tweets were made public after an online publication produced by students at the University of King's College School of Journalism cited a



Ten players have been suspended from the Saint Mary's University football team for allegedly sending sexist, racist and hateful tweets. **JEFF HARPER/METRO IN HALIFAX**

number of tweets from accounts it said belonged to football team members.

Joyce said although the attention could hurt the school's reputation, it's good the administration is showing they take the comments seriously.

First-year student Jacob Schlinker said the suspensions were necessary in light of Sep-

tember's infamous student-led chant that glorified sex with underage girls and rape and led to media attention from across Canada.

"It's completely unacceptable," said Schlinker about the tweets. "They should be ambassadors for our school ... putting that in the public really gives us a bad name."

HALEY RYAN/METRO IN HALIFAX

OK, Glass, order a pair of 'thin' frames in bright blue 'sky'

Blind as a bat? Google Glass has you covered, offering four frame styles of the wearable, web-connected gadget

Google Glass is getting glasses.

The computerized, Internet-connected goggles don't actually come with lenses in their frame. Starting Tuesday, Google is offering an optional attachment for prescription lenses and new styles of detachable sunglasses.

The move comes as Google Inc. prepares to make Glass available to the general population later this year. Currently, Glass is available only to the tens of thousands of people who are testing and creating apps for it.

Glass is basically a small



The new Google Glass "Bold" prescription frames in shale color are modelled at the Google Glass Basecamp space in New York Friday. THE ASSOCIATED PRESS

computer, with a camera and a display screen above the wearer's right eye. The device sits roughly at eyebrow level, higher than where eyeglasses would go.

The gadget itself is not changing with this announcement. Rather, the Mountain View, Calif., company is now offering four styles of frames for prescription lenses. It's also offering two new types of shades,

in addition to the one previously available. The frames cost \$225 US and the shades, \$150 US. That's on top of the \$1,500 US price of Glass.

Users can take the frames to any vision care provider for prescription lenses. Google says it is working with insurance provider Vision Service Plan to train eye-care providers around the U.S. on how to work with Glass. THE ASSOCIATED PRESS

Not a slave to trends

BlackBerry jumps on FM radio... 68 years after the CBC

BlackBerry has launched a new feature that it can boast even the latest iPhones don't have: FM radio.

A new version of the BlackBerry 10 operating system, which the Waterloo-based company says includes hundreds of enhancements and new features, started being rolled out Tuesday in Canada.

THE CANADIAN PRESS

Lime mint toothpaste

This may just 'Be' the worst idea since New Coke

Mint chocolate toothpaste?

Procter & Gamble said it is launching a line of Crest toothpastes called "Be" featuring nontraditional flavours: Mint Chocolate Trek, Vanilla Mint Spark and Lime Spearmint Zest.

THE ASSOCIATED PRESS



My (mannequin) body's too bootylicious for ya, babe

The one-size-fits-all mannequin is getting a much-needed makeover. Stores are using more realistic versions of the usually tall, svelte, faceless mannequins in windows and aisles. David's Bridal mannequins soon will get thicker waists, saggier breasts and back fat to mimic a more realistic shape. America's largest bridal chain started changing its fit mannequins used to create gowns to reflect the average body. BEBETO MATTHEWS/THE ASSOCIATED PRESS

Market Minute



DOLLAR
89.64¢
(-0.35¢)

Natural gas: \$5.00 US (+0.10)
Dow Jones: 15,928.56 (+90.68)



TSX
13,687.66 (+105.37)



OIL
\$97.41 US (+\$1.69)



GOLD
\$1,250.80 US (-\$12.60)

The mirror stage turns selfie stage in iPhone age



Paisley, 3, uses Facetime at her home in Wichita, Kan., to chat with her cousin, who lives in Oklahoma. BRANDI KOSKIE/THE ASSOCIATED PRESS

Our toddlers, our selfies

Don't raise a miniature Narcissus

It's natural for toddlers to be fascinated with their own image (think mirrors), and that interest plays an important developmental role as they develop a sense of self, child development experts say. Watching a video again and again can also help move events from short- to long-term memory, said Deborah Best, a professor of cognitive developmental psychology at Wake Forest University in Winston-Salem, N.C.

But like any other fun thing kids get obsessed with, too much of it can be bad. Parents should make sure some photos show the child with other family members or friends. Parents can also sit with kids and narrate the photo or video as if it were a bedtime story.

Every so often, Brandi Koskie finds dozens of photos of her three-year-old daughter, Paisley, on her iPhone — but they aren't ones Koskie has taken.

"There'll be 90 pictures, sideways, of the corner of her eye, her eyebrow," said Koskie, who lives in Wichita, Kan. "She's just tapping her way right into my phone."

The hidden photos, all shot by Paisley, illustrate a phenomenon familiar to many parents in today's tech-savvy world: Toddlers

love selfies. Observant entrepreneurs have caught on to these image-obsessed tots, marketing special apps that make taking photos super-easy for little fingers. You can even buy a pillow with a smartphone pocket so toddlers can take selfies during a diaper change.

Paisley and the iPad are almost the same age and it remains to be seen how such a steady diet of self-affirming navel-gazing will affect members of the first true "smartphone generation." THE ASSOCIATED PRESS

proud to support

TeleMiracle
KIRSHEN KINETIC
KIRSHEN FOUNDATION

When you Drink the Moo
Remember the Sarcan Blue

U.D.R.S.
UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN
RECYCLING
A DIVISION OF SARC

PEACE SYMBOL NEEDS BOLSTERING

The signs are everywhere.

For example, on Sunday, Pope Francis released two white doves of peace from his window at the Vatican, assisted by two extremely cute children.

It was a gesture of hope that the bloody protests in the Ukraine could be resolved.

Seconds after the doves were released, they were attacked by a big nasty crow and an even bigger, nastier seagull.

Well, you don't have to be Robert Langdon — Dan Brown's professor of religious symbolism from Angels and Demons — to get the idea on that one, especially as the world's media gleefully featured a photo of the forces of darkness (crow) locked in a death struggle with faith and hope (snow white dove).

The dove got the worst of it.

It's a little harder to interpret the attack by the seagull, which is not known for its poetics.



JUST SAYIN'
Paul Sullivan
metronews.ca

"Big hungry bird breaks for lunch," perhaps.

Signs aside, there's a perfectly logical scientific explanation for the attack of the angry birds, according to National Geographic. White doves stand out in a crowd of otherwise grey pigeons; they can't hide, and predators single them out for attack.

Which is why those albino wildlife don't last long in nature, another potentially rich vein of overwrought symbolism.

Meanwhile, the white dove, a pristine symbol of faith and hope, is just a pigeon of a different colour. It's just as feisty when it comes to fighting for that last scrap and it's known to eats bugs.

Hardly holy.

This is not the first time the Doves of the Vatican have been repelled. The doves of the previous pontiff, pope Benedict, were attacked by a seagull last year, and then turned

around and tried to fly back into the window, crying "Sanctuary!" in dovish.

Maybe the popes should audition a slightly more robust avian symbol of peace and love. Like the bald eagle, a symbol of America's tough love for generations of banana republicans.

After all, St. Michael the Archangel has a sword for exactly this kind of thing. Some demon, who thinks he's a soft touch with all the long hair and gossamer wings, tries to knock him over — and bam!

Out comes the Sword of Righteousness and our demon is instantly sorry he ever heard of St. Michael the Archangel.

This is really Pope Francis' first PR miscalculation. He has already managed to atone for the sins of the papacy in his famous "Who am I to judge?" interview about gay people. You'd think he might have learned from his predecessor's feathered follies.

Or maybe this will inspire him to reach back into his Gospel and show mercy to his winged tormenters. "Let he who is without sin ... stone the crows."

ZOOM

I'm not ashamed of the way I look



SERGEY KOKINSKIY/SOLENT NEWS

Molting penguin is a head-turner

Even in the animal kingdom, a unique dress sense is sure to catch the eye of an onlooker. Here, a king penguin stands out from the flock as it has not finished its molting process. Photographer Sergey Kokinskiy travelled to the remote island of South Georgia in the southern Atlantic Ocean to capture the penguin flock, which can sometimes number

over 200,000.

Every year in the spring, king penguins molt in order to replace old feathers with new ones, a process that lasts three to four weeks. As they molt, their feathers lose their insulating and waterproofing properties, so during this time penguins stay away from the water until their plumage is fully restored. As they fast while molting, penguins can lose 44 per cent of their original weight. **METRO**

A foreigner on their land



"Penguins' individual features allow the fur to stay on parts of the body longer than others."

Sergey Kokinskiy, from Tula, Russia
"If you sit down and don't make any sudden movements, the penguins will come to you within five or 10 minutes. Some will try to bite you too — out of curiosity."

King of the islands

- **Location.** Sits 1,390 kilometres to the east of Falkland Islands. Administered by the British government.
- **Population.** Approximately 2.23 million pairs of king penguins, with numbers rising. No human residents.

Clickbait



LUKE SIMCOE
Metro Online

Much of the coverage of technology's darker side has focused on how they — governments, law enforcement, corporations — are using smartphones and computers to watch us. However, a smattering of intrepid developers are trying to turn the tables, building apps that empower us — either by letting us listen in or assist us during an arrest.

Police Scanner 5-0:

This free app lets you stream more than 2,500 police and fire feeds on your cell-phone. Most of the available channels are American, but it includes some Canadian ones, too. Available for both Android and iOS.

I'm Getting Arrested:

In the event of an untimely arrest, this Android app lets you broadcast a pre-made message to your friends, family, legal counsel, etc. I want my phone call, indeed.



GETTY IMAGES

Twitter

Blue over here eh?

@metropicks asked: According to Google searches, Canada is boring, corrupt and cold. How do you want Canada to be viewed?

@NerdwithWerds: Canada Home of Hockey and Great Beer

@awdarn: LOL if it keeps them away it's all good

@mtlkeith: Researched by who DUMB AND DUMBER???

#Canadaisthebest

@mtlkeith: Amen brother. Give me a

@iSeeHighPeople: at least other countries (people) like us which is more than I can see for the folks just under us

@igor_mariano: Canada is all about cultural diversity and natural beauties

@PadraigBennett: exemplary in every aspect.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

Need a troubled tough guy for your next film? Call Brolin

Labor Day. From crooks to cons, actor plays shady characters with aplomb



IN FOCUS
Richard Crouse
scene@metronews.ca

In my review for the recent remake of *Oldboy* I wrote of Josh Brolin, "there is no more manly-man actor in the mold of Lee Marvin or Lee Van Cleef working today."

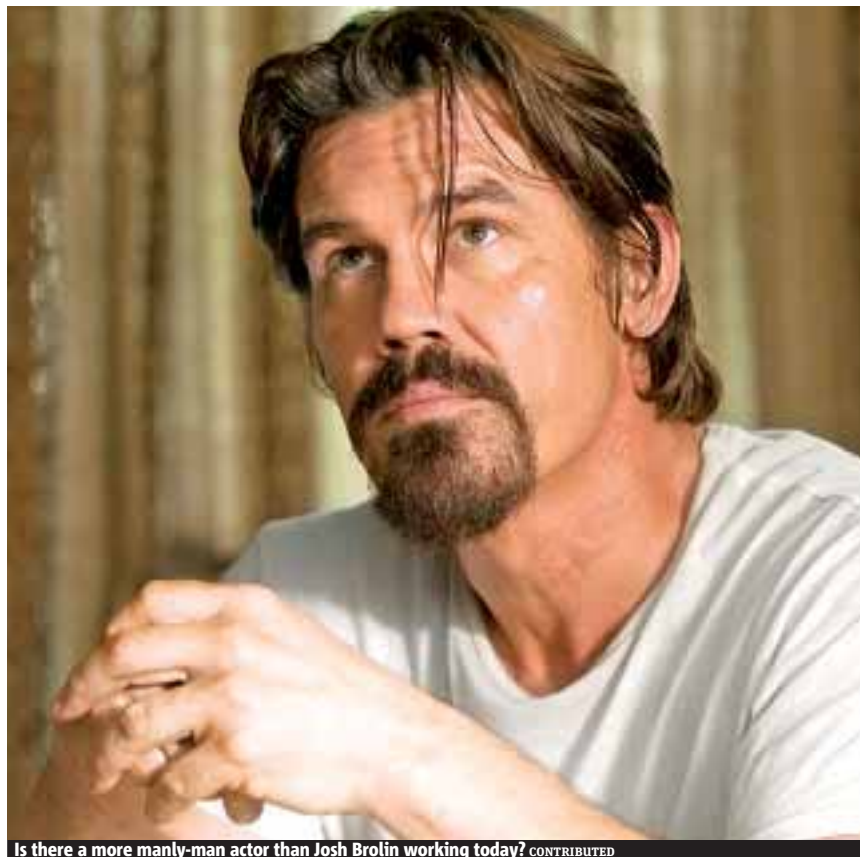
I guess that shouldn't be a surprise given that he was named after the rough-and-tumble character Josh Randall, played by Steve McQueen in TV's *Wanted: Dead or Alive*.

In *Oldboy* he's so tough he's a practically indestructible force of nature; able to withstand physical punishment that would make Grigori Rasputin look like a wimp.

The tough guy angle is one Brolin plays in a number of films, including his latest *Labor Day*.

He plays an escaped convict who hides out in the home of a depressed, widowed agoraphobic, played by Kate Winslet.

Over the course of one long holiday weekend she



Is there a more manly-man actor than Josh Brolin working today? CONTRIBUTED

learns of his dangerous past and before you can say the words Stockholm Syndrome has fallen for the ruggedly handsome stranger.

It's the kind of role that

Brolin has mastered; the multi-layered tough guy. But according to him, he doesn't seek out those roles.

He says he wracks his "brain like crazy trying to

figure out which films I wanted to be in."

Some of those films include *No Country for Old Men* and *Jonah Hex*.

In the Oscar-nominated

No Country he plays down-on-his-luck Llewelyn Moss, who stumbles across the site of a drug deal gone wrong.

Bullet-ridden dead men litter the landscape along with several kilos of heroin and a suitcase stuffed with two million dollars in cash. When he makes off with the money his life and the lives of those around him are changed forever.

Jonah Hex didn't earn any Oscar nods, but did get some Razzie attention in the form of nominations for Worst Screen Couple for Brolin and co-star Megan Fox.

The story of a supernatural bounty hunter set on revenge against the man who killed his family is as disfigured as its main character's face, but Brolin brings his real-life swagger to the role and has fun with some of the tongue-in-what's-left-of-his-cheek lines.

One tough guy role got away from him, however. Online speculation had it that he would be cast as the Caped Crusader in the upcoming *Batman vs. Superman*.

Although he would have been perfect for the part he lost out to Ben Affleck. Contrary to his bruiser persona he was gracious in defeat. "I'm happy for Ben," he said.

Greg Kinnear needs no approval in Rake

Keegan Deane is that one friend we all have who just can't get his act together. He's the loveable screw-up, and he's the star of the new comedy series *Rake*.

Portrayed by Greg Kinnear, Deane owes nearly \$60,000 to his bookie, has been crashing at his best friend's house for four months, and is in love with a prostitute who views their relationship as a business transaction. He's a narcissist in denial, but he's also a brilliant defence attorney who is incredibly charming.

"I don't think he has a great self-awareness of [his problems]," Kinnear says of his character. "It comes in fits and starts. There are moments where he has a little bit of re-

flection about where he's at on the map, but certainly, you know, out of the gate, very little."

Deane's ego — and his utter lack of interest in adhering to normal societal standards — drew Kinnear to the series, which is based on an Australian show of the same name. "I was intrigued immediately when I saw the mess of that guy," he says. "That kind of absolute lack of need for approval is a hugely attractive thing, especially if you're an actor. Getting to play that and getting to pursue a guy who's not necessarily interested in what you think was a really cool element for me."

Which is a good thing, be-

cause Deane's clients in upcoming episodes include a serial killer and a cannibal — not your typical underdog stories. And yet, *Rake* finds a way to make the audience root for the antihero. Kinnear chalks it up to the show's fine-tuned ability to weave comedy into dramatic storylines.

"It really struck a nice chord between the drama and the comedy, which is what appealed to me," Kinnear says.

AMBER M. RAY/METRO WORLD NEWS

Details

Rake airs Thursdays on Global at 9 p.m. ET/PT.



Greg Kinnear plays Keegan Deane in *Rake*. CONTRIBUTED



Justin Bieber MIAMI DADE COUNTY JAIL

Bring roses for the judge? Biebs will go a-courting on Valentine's Day

Justin Bieber has a Valentine's Day date with a South Florida judge on charges of DUI, resisting arrest and driving with an expired license.

A Miami-Dade County judge on Tuesday set a Feb. 14 arraignment date for the 19-year-old star. In an arraignment, prosecutors formally file charges and a plea is entered, although a defendant's lawyer can enter the plea in writing. Bieber might not be required to attend.

Bieber and R&B singer Khalil Amir Sharieff were arrested last week in Miami Beach during what police described as an illegal street

drag race between a Lamborghini and a Ferrari. Neither has been charged with drag racing.

Police say Bieber admitted to smoking marijuana, drinking and taking a prescription medication.

Meanwhile, his detractors are growing bolder: A petition has been launched via the White House's online portal calling to have Bieber deported and his green card revoked. The petition has already garnered more than 50,000 signatures, more than enough to earn some sort of response from the White House. **THE ASSOCIATED PRESS AND METRO WORLD NEWS**

Was Sienna the mystery woman heard on Daniel's voice mail?

A U.K. tabloid reporter who has pleaded guilty to phone hacking said Tuesday that he played the News of the World's editor a hacked voice mail left for actor Daniel Craig by actress Sienna Miller, with whom Craig was having an affair.

Dan Evans is a prosecution witness at the trial of his former boss, Andy Coulson, and six others, on charges related to wrongdoing at the now-shuttered Rupert Murdoch-owned tabloid.

Evans told the trial that in 2005 he eavesdropped on Craig's voice mails and heard a message from a woman saying: "Hi, it's me. Cannot speak. I'm at the Groucho (Club) with Jude. I love you."

The call came from Miller's number. The newspaper later ran a story alleging an affair between the actress — then involved with Jude Law — and future 007 Craig.

Evans said Coulson heard the recording, then told him how to cover his tracks by making a copy, putting it in a



Daniel Craig GETTY IMAGES

bag and taking it to the newspaper's reception so it would look like it had been dropped off anonymously.

Murdoch shut the tabloid News of the World in 2011 after details emerged of the scale of its snooping on celebrities, politicians and others in the public eye. **THE ASSOCIATED PRESS**

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Is Madonna going to sing with Miley?

MELINDA
TAUB

Metro World News

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna, who hasn't shown an inclination to pass the torch of Madonna-ing. It's possible, though, that I was wrong about that — the two are apparently planning a performance together.

Miley is working on an acoustic set for MTV's Unplugged. It seems like a good move for the Bangerz

star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgets to spank or foam fingers to hump. And speaking of cred — according to E! Online, rumour has it the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance. "The performance will showcase a more intimate side of Cyrus and feature surprise guests for an unexpected reinvention of the songs that have defined her career, including several from her No. 1 critically acclaimed album, Bangerz," MTV said in a press release.

What do you think they'll sing? I feel like Miley could do a mean Material Girl.



Flavor Flav GETTY IMAGES

Rapper Flavor Flav released after speeding without a license

A New York judge has released Flavor Flav without bail in his speeding case. State police say the rapper, whose real name is William Drayton, was speeding and driving without a license en route to his mother's funeral on Jan. 9. The rapper pleaded not guilty Tuesday.

Drayton, who lives in Las Vegas, was accused of driving 79 m.p.h. (127 km/h) in a 55

m.p.h. (89 km/h) zone on Long Island. Police say the Long Island native also had a small amount of marijuana.

His lawyer told the judge that she has taken care of 16 outstanding traffic matters.

Drayton had to remove his trademark clock from around his neck to pass through the metal detector. After court, he told journalists that "God is good." **THE ASSOCIATED PRESS**

Ashley Benson draws the bikini line

Ashley Benson did some fairly revealing work in Spring Breakers last year, but don't expect to see much more of the Pretty Little Liars star on screen. "I never want to do nudity that's gratuitous. Girls look so much better in lingerie or a T-shirt and leave the rest up to the imagination," she tells Cosmopolitan magazine. "I make it clear that I have a line. Everyone tries to push you, and it's easy to get talked into doing those things. I'll just walk off set. But not everyone realizes they can do that."

METRO WORLD NEWS



Ashley Benson GETTY IMAGES

Twitter



@ElizabethHurley

Trying to decide what new chickens to buy & studying layers on the Rare Breeds At Risk list. Anyone have any Cochins, Sussex or Ixworth?



@JasonAlexander

Hey Government — know what you can learn about me from my Angry Birds app? That I suck at Angry Birds. Money well spent.



@TheEllenShow

I'm ready for some football! This morning, my neighbor asked me if I was planning on watching the Super Bowl this weekend, and I tackled her

Welcome to Sochi

No doubt you have some questions about the Russian locale that will play host to the 2014 Winter Olympics. Here are a few details about the resort city dubbed the Russian Riviera.

THE ASSOCIATED PRESS

For visitors to the Winter Olympics, Sochi may feel like a landscape from a dream — familiar and strange at once. Palm trees evoke a tropical seaside resort, but the Black Sea itself is seriously cold; turn away from the palms and the jagged, snow-covered peaks of the Caucasus Mountains rise nearby. Live-ly and garish modern buildings mix with Stalin Gothic piles, like trophy wives on the arms of elderly men. Billboards are written in an

alphabet in which some letters sound exactly like you think they do, others mean something else and the rest are flat-out alien. What may seem oddest of all is the city's cheerful and relaxed aura in a country stereotyped as dour. Even a local statue of Vladimir Lenin catches the casual vibe. He's not haranguing the masses, just standing under some trees with one hand in his pocket as if he's killing time waiting for a date.

Will they understand me?

Volunteer staff at Olympics test events spoke excellent English and sometimes struck up conversations just to improve their skills (or show off). But outside the Olympic venues and large hotels, communication in languages other than Russian is likely to be difficult. The Games' organizing committee recommends that mobile device users download a translation app.

The Cyrillic alphabet isn't as hard as it may look, and spending a couple of hours to master it brings sizeable rewards. Russian has many loanwords from English, French and German, so being able to sound out words can make the place pop into better focus. For example, knowing that "teatp" is pronounced "teater," it's a reasonable and correct guess that it means "theatre." Note that bars advertising "xayc" are offering "house" music and not a homey atmosphere.

What's for dinner?

Russian cooking can be hard on the waistline but good for the taste buds. Even nominally low-calorie soups such as the beet-based borscht boost their count when a typical large dollop of sour cream is added. Pelmeni, dumplings filled with minced meat or vegetables, meet almost everyone's taste. Entrees often come without additional items, so potatoes and other vegetables must be ordered separately. Russia has a wine industry of sorts, but refined palates may find it disappointing. Vodka, seen as both Russia's treasure and its curse, is often ordered by the gram, with 100 grams

(3.5 ounces) the standard to get the night started. Sochi is also a good place to sample the food of nearby Georgia, including the renowned cheese-filled hot bread called khachapuri; as well as tsatsivi, or chicken in walnut sauce; and the plum-based soup kharkho.



An aerial view of some of the Olympic buildings under construction in Sochi. GETTY IMAGES

Am I in Sochi?

Rather like New York City, Sochi is a sprawling municipality, incorporating four boroughs. Confusingly, one of the four is called Sochi. So it's possible to both be in Sochi and say "I'm going to Sochi."

All the Olympic events

take place in the Adler borough, though the snow sports venues are often referred to as being in specific settlements such as Krasnaya Polyana and Esto-Sadok.

Sochi borough is more or less the Manhattan of the city, home to the best restaurants, coolest clubs

and the main cultural institutions. The urban part of Adler also has attractive restaurants. But while its attractions are relatively cosmopolitan, and its coastline is 90 miles long (145 kilometres), Sochi is not a big city population-wise, with only about 350,000 inhabitants.



Both the Black Sea and Sochi's daytime temperatures should be around 10 C during the Games. THE ASSOCIATED PRESS

How's the weather?

Rain, snow, sun, fog, warm-ish, cold — a few days at the Olympics likely will include them all. On the

coast, where the ice sports and opening and closing ceremonies take place, daytime temperatures should be around 50 F (10 C) and freezing is unlikely. In the mountains, temperatures

generally don't get severely cold; at the lower elevations, where ski-jumping and sliding sports take place, the prospect of rain and above-freezing temperatures is a concern.



The Caucasus Mountains rise above Sochi. ISTOCK



What can I do besides watch sports?

Downtown Sochi and Adler both have long and appealing seaside promenades, complete with tacky souvenir stands, lively bars and restaurants. Sochi also has an attractive passenger harbour, whose spired terminal is one of the city's standout buildings, and an art museum.

The most idiosyncratic attraction may be Sochi's extensive mountainside botanical garden, the Dendrarium, with an unusual array of plants showing the variable climate.

Sochi has long been a choice destination for Russia's political elite. Joseph Stalin's summer residence in Zeleni Mys even features a wax mannequin of the dictator at his desk. A swim in the Black Sea may make an unusual Winter Olympics memory. The beaches are stony and the water temperature will be around 50 F (10 C); concerns have



Tired of the sports? Shop for some Russian tchotchkes in downtown Sochi and Adler. THE ASSOCIATED PRESS

been raised about pollution in the sea around Dagomys, north of downtown Sochi. Although most of Sochi's sports facilities will be devoted to the Games, the Gornaya Karusel ski area expects to have some slopes open to the public, organizers say. A classic Russian way to while away an after-

noon is a trip to the banya, like a sauna but somewhat steamier. If your hotel doesn't have one, it can likely recommend a good one nearby. A proper trip to the banya involves several hours of repeatedly heating up and cooling down, along with snacking and having a few drinks.

Local tourist agencies offer other excursions. These include day trips to the separatist Georgian region of Abkhazia, but visitors will need a double-entry Russian visa to get back into Sochi, and travel to the rest of Georgia is forbidden to those who come to Abkhazia from the Russian side.

What do you have to say for myself?

The feedback we crave. How to get it, how to use it, and how to give it back

**SIDNEYEVE
MATRIX**
TalentEgg.ca

Recently, Canadian Olympic athletes were surveyed by Mondelēz Canada about the best ways for spectators to cheer them on to a gold medal standing in Sochi.

Fully three-quarters of them said that “hearing their fans cheering and shouting” and seeing them “waving encouraging signs of support” is highly motivational.

Feedback matters, to athletes, to all of us.

Sometimes feedback isn't easy to come by. For Gen Y, a cohort accustomed to the instantaneity of social media feedback loops, it can be frustrating when your work performance isn't evaluated. If feedback expectations are unmet, employees are likely to feel unmotivated, isolated, and are more apt to jump ship.

Thanks anyway:
ignoring the wrong
feedback



We, like our awesome Olympians, deserve to hear cheers when we're doing great things. THE CANADIAN PRESS FILE

At other times we get feedback but fail to act on it.

This is especially common if the feedback feels like it's the wrong kind.

For example, we're unlikely to take feedback to heart when it seems contradictory. Likewise for many, praise and recognition, while nice to hear, are not what we most crave at work.

It turns out that six out of ten people prefer corrective feedback (such as suggestions for improvement) over positive feedback (such as congratulatory comments), according to Harvard Business Review.

Need to brainstorm on that business idea?

- If you have a new project or entrepreneurial endeavour and want to test it out and get some feedback on it, try Quora for general questions, and Kickstarter for both community feedback and funding support.

Key attributes of efficient and usable feedback are frequency, clarity, and specificity, observes Jay Gilbert in the University of Western Ontario's Ivey Business Journal. But it takes time, and a lot of it, to provide that kind of personalized feedback.

As employers seek to create a culture of feedback

and collaboration, more are adopting enterprise software systems to socialize employee reviews.

Helping staff get 360-degree peer-to-peer feedback — not once a year but continuously — is the idea.

It makes good business sense, because research shows that regular, low-

stakes assessment is highly effective.

That's because it allows the receiver to make incremental improvements and small adjustments. They are then less likely to become immobilized, defeated, and overwhelmed by a deluge of decontextualized feedback in an annual assessment.

Social feedback

If you feel the need for more feedback on your creative work and ideas, turn to the social web. A bit of web sleuthing is almost guaranteed to uncover a niche community where you can engage in commentary, ask questions, and practice social reciprocity by giving feedback while also receiving it. Some examples:

Graphic designers and photographers

Look to the Behance network or DeviantART (both have free/paid options) to showcase and discover design work and submit your creative work for critique by a global community. If you're a photographer, Flickr or 1X (free/paid) communities are good bets to receive professional feedback. All of these sites also do double duty by hosting online creative portfolios for a fee.

Writers and editors

Want feedback on your writing? Beyond fan fiction sites, visit ABCtales (free) or Critique Circle (paid), two large active communities where published and aspiring authors can share, discuss and develop their work.

Fashion designers and stylists

For fashionistas, try LookBook and Polyvore to get community feedback from other (established as well as up-and-coming) stylists, models, and designers.

And as a bonus, by becoming involved in a feedback community, online or off, you'll also expand your professional networks — and don't forget that volunteering is another way to garner feedback while giving back.

Don't be surprised if a quest for feedback ends up inspiring your next great idea and uncovers some collaborators to help make it happen.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

It's raining mentors, hallelujah!

Happy National Mentoring Month. The time is right to consider the qualities of a good mentoring relationship, and some strategies for finding a great advisor

**SIDNEYEVE
MATRIX**
TalentEgg.ca

It's a truism that having a mentor is important if you want to fast track your career.

An experienced advisor can steer you along a career trajectory, navigating around professional obstacles and raising your profile with senior executives.

Gaining the public endorsement of your mentor can go a long way toward building your professional credibility, especially if they are a recognized leader in the field. They can also assist you to better understand the industry.

Three qualities of great mentors

There is a long list of attributes to a successful mentoring relationship, but here are three of



Your mentor is someone you can trust to provide sincere performance feedback, since they are invested in seeing you succeed. ISTOCK

the most cited.

Accessibility

The right mentor can help you develop the skills for career success — and unlock a world of opportunity.

It may seem obvious, but a good mentor will consistently make time for you in their schedule. You'll get more out of a busy advisor if your meetings are structured with an agenda or at the very least, by a list of questions you come

prepared with to productively guide the conversation.

Good listener

Your mentor must seek to understand who you are and what you need before jumping in with advice, knowledge and insights. Instead of delivering a lecture, the best mentors listen actively and ask the right questions — inspiring you to do the thinking.

Confidence builder

In the process of engaging with your mentor you should be developing greater self-awareness. Your mentor should help you to see and believe in your own potential, challenge and inspire you, and encourage you to reach for your highest goals.

Finding your career mentor

Many workplaces have formal mentoring programs, but there are many ways to find informal mentoring relationships on your own.

Go back to class

Register yourself in a professional development seminar to learn a new skill or upgrade existing ones — and in the processes connect with industry experts. For example: Canadian Marketing Association seminars, the Entrepreneurs' Organization, the Canadian Association of Women Executives.

Use social media

Find, follow, and reach out online to influencers on Twitter, Google+, LinkedIn and Quora — to build a personal learning network. And don't forget to join and contribute to LinkedIn Groups.

Fill up your events calendar

Research and plan to attend industry events, to learn what's new and connect with organizers and speakers as prospective mentors. Introduce yourself, business card in hand, and having done your homework and perfected your elevator speech. And because, as Seth Godin rightly observed, “no one actually ever bought anything on an elevator” — craft your speech to begin professional relationships, not as a hard sell seeking to close a deal.

THIS ARTICLE IS EXCERPTED FROM MY PROFESSIONAL DEVELOPMENT COURSE IN PERSONAL BRANDING WITH SOCIAL MEDIA, OFFERED ONLINE AT QUEEN'S UNIVERSITY.

CAREER FINDER

3,000 OSTEOPATHS NEEDED IN CANADA

- become an osteopath in 4 to 8 MTS
- teaching in 65 cities, FT or PT
- \$3,500 in Scholarships
- osteopaths hired at \$30 per hour
- one of top 25 occupations in demand

Nationalacademyofosteopathy.com

1-877-550-6550



Chowder leaves room for imagination

Weeknight meal.

Loaded with seafood, this dish allows you to improvise ingredients without sacrificing any of the flavour



DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD



From your fridge
to your table in
30 minutes or less

This chowder is quick enough to make for a weeknight meal or to keep in mind when entertaining on the weekend.

It has a creamy base to it but is not heavy because it uses milk instead of cream.

You can jazz the chowder up with additional flavours by

Ingredients

- 1 tbsp (15 ml) vegetable oil
- 1 shallot, chopped
- 2 cloves garlic, minced
- 2 stalks celery, thinly sliced
- 1 pkg (8 oz/227 g) mushrooms, thinly sliced
- 1 red pepper, diced
- 1 tbsp (15 ml) chopped fresh tarragon or 1 tsp (5 ml) dried
- 2 cups (500 ml) 2% milk
- 2 cups (500 ml) sodium reduced chicken broth
- 6 oz (200 g) raw shrimp, peeled and deveined, chopped
- 6 oz (200 g) bay scallops
- 1 can (142 g) baby clams, drained and rinsed



This recipe makes six servings. EMILY RICHARDS

adding diced tomatoes or other vegetables like peas and corn. Check out your pantry and get creative in the kitchen.

Tarragon is a licorice-flavoured fresh herb that shines through in this soup. Dried tarragon works just as well in a pinch. If tarragon isn't available, use Italian parsley for a

fresh alternative.

Serve this soup with garlic bread and a green salad for a heart warming dinner that's perfect for a cold winter's night while keeping healthy in mind.

1. Heat oil in soup pot over medium high heat and cook shallot, garlic, celery, mush-

rooms, pepper and tarragon 10 mins or until liquid evaporates.

2. Add milk and broth and bring to a gentle boil.

3. Add shrimp, scallop and clams and simmer for about 5 mins or until scallops are opaque and firm.

**START TO
FINISH
30 MINUTES**

Cooking tips

- Look for fresh seafood at your local grocer and use it the same day or by the next day. If you are purchasing frozen seafood, let it thaw overnight in the refrigerator.
- You can use salmon to replace either the shrimp or scallops. One salmon portion, which is usually about 5 oz (150 g), is the perfect amount for this soup.

Just throw it in the bag — literally

1. Heat the oven to 400 F. Cut the orange and lemon in half crosswise. Thinly slice 1/2 of the orange and 1/2 of the lemon. Juice the remaining halves of both fruits.

2. Set a 24-inch-long sheet of kitchen parchment on a baking sheet. Fold the sheet in half across the short side, then open the folded parchment (like a book), leaving one half of it on the baking sheet. Arrange about half of the orange and lemon slices in a single layer in the centre of the parchment on the baking sheet.

3. Sprinkle half the rosemary over the citrus slices. Set the salmon over the rosemary, then sprinkle with salt, the citrus juices and oil. Scatter the olives and chili over the salmon pieces. Top each piece

of salmon with a quarter of the remaining rosemary and citrus slices.

4. Fold the second half of the parchment over the fish, then crimp and fold the edges

together to create a sealed packet. Bake — on the sheet pan — on the oven's middle shelf for 10 to 12 minutes, or until just cooked through (stick a paring knife through the parchment and salmon; it should move easily through the fish if done).

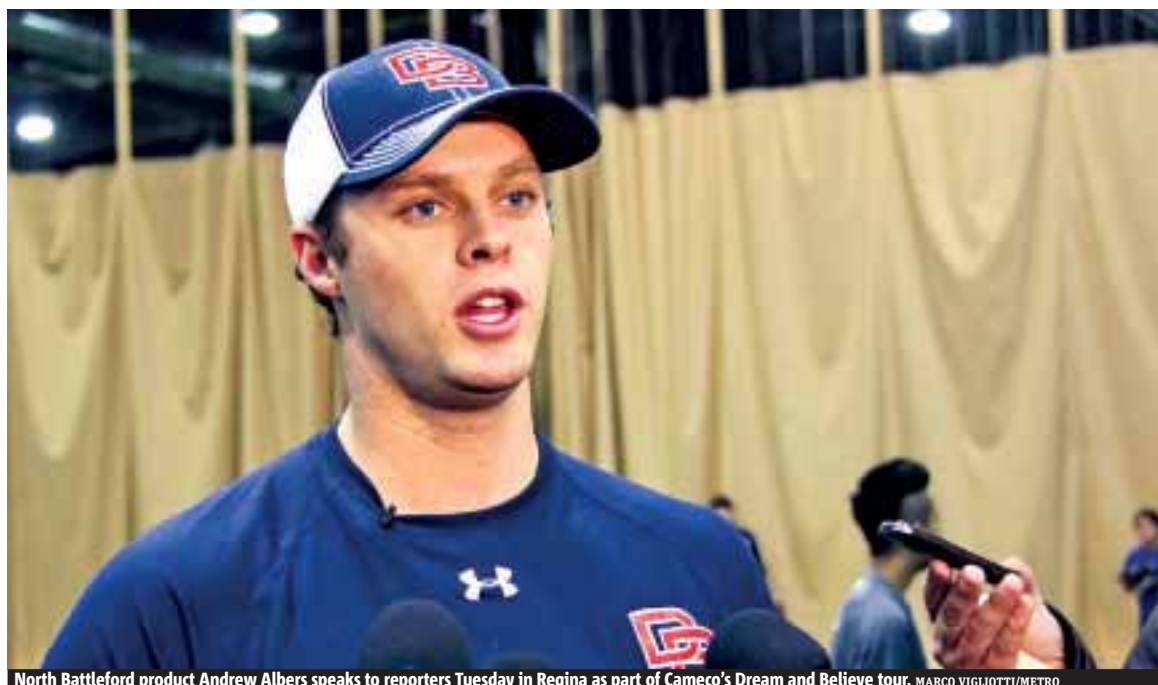
5. Cut open the parchment, discard the citrus slices from the top of the salmon, then place each piece on a serving plate. Spoon some of the olives, chilies, rosemary and juices over each piece. **THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small orange
- 1 lemon
- 1/4 cup chopped fresh rosemary
- Four skinless 6-oz centre cut salmon fillet pieces
- Kosher salt
- 2 tbsp extra-virgin olive oil
- 1/3 cup pitted and chopped olives, preferably oil-cured
- 1/2 serrano chili, thinly sliced crosswise



This Salmon Baked In a Bag recipe makes four servings. MATTHEW MEAD/ THE ASSOCIATED PRESS



North Battleford product Andrew Albers speaks to reporters Tuesday in Regina as part of Cameco's Dream and Believe tour. MARCO VIGLIOTTI/METRO

Handling the hard road's curveballs

Dream and Believe.

Albers shares with his experience with students, proving anything is possible



MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

The first Saskatchewan native to play in Major League Baseball in over two decades shared his story of perseverance with students in Regina on Tuesday.

North Battleford's own Andrew Albers spoke to children

at the city's Kitchener Community School before hosting a baseball clinic at the Co-operators Centre sports complex at Evraz Place as part of Cameco's Dream and Believe tour.

"I have a unique story of how I've gotten through in my ability to persevere through some ups and downs," he said Tuesday. "(Cameco) are doing a great job delivering equipment to the schools we're going out to ... it's been a great experience, so far."

After battling through injuries during the early part of his career, Albers made a memorable MLB debut last season with the Minnesota

Parting gifts

The Cameco tour will have stopped in four cities by the month's end, with each participating school receiving a legacy gift of 30 sets of baseball/softball equipment, according to a company press release.

Twins, pitching 8 1/3 innings of scoreless baseball to earn his first victory.

He followed up the stellar performance by pitching a complete game shutout in his next outing.

Albers said his experience

so far on the Cameco tour has been "really good," and stressed the importance of the message he was sharing with the students, which was to believe in yourself and follow your dreams.

"My road to the (MLB) hasn't been easy," he said. "Luckily, I caught one break ... and there was one team that liked me enough."

After a torrid start to his MLB career, Albers has surprised many with news he might sign with a South Korea team next season.

"It's probably going to happen in the next couple of days," he said of a potential deal with the Hanwha Eagles.

NHL

Former Senators forward hangs up his skates

Vaclav Prospal has retired following a 16-year NHL career.

The move wasn't a surprise. Prospal was scheduled to join the Utica Comets — the Vancouver Canucks' AHL affiliate — last weekend for games against the Abbotsford Heat.

But after talking with his family, the NHL club said the 38-year-old had decided to retire. The NHL Players' Association made it official Tuesday.

The native of Ceske Budejovice, Czech Republic, appeared in 1,108 career NHL games with Anaheim, Columbus, Florida, the New York Rangers, Ottawa, Philadelphia and Tampa Bay. He registered 255 goals and 765 points.

THE CANADIAN PRESS

MLB

Baseball OKs protective caps

Big league pitchers might feel safer on the mound this season.

Major League Baseball has approved a protective cap for pitchers Tuesday, hoping to reduce the damage from line drives to head that have brought some terrifying scenes in the last few years.

The heavier and bigger new hat was introduced Tuesday and will be available for testing during spring training on a voluntary basis. Major leaguers and minor leaguers won't be required to wear it — comfort is likely to be a primary concern.

THE ASSOCIATED PRESS



Seahawks cornerback Richard Sherman speaks on Tuesday in Newark, N.J. GETTY IMAGES

Touch of NHL at icy Super Bowl

Internet star Lil Terrio danced with cheerleaders, an Austrian man dressed as Mozart, another guy wore a Waldo costume and Nickelodeon's Pick Boy was in the house at Prudential Center.

Welcome to Media Day, the annual Super Bowl circus.

It seems fitting this event was held at a hockey rink, of all places, because there's nothing ordinary about it. More than 6,000 journalists, pseudo-journalists and other credentialed "media" from all over the

world gathered at the home of the NHL's New Jersey Devils on Tuesday to meet the Denver Broncos and Seattle Seahawks.

Strange questions were the norm instead of football ones. A man asked Seahawks centre Max Unger if he could touch his long, scruffy beard. He said yes. A woman asked Seahawks defensive lineman Brandon Mebane for a kiss. He said no.

Perhaps the only player who felt at home was Seattle tight end Luke Willson. He grew

up in Canada, played hockey through his sophomore year of high school and was genuinely psyched to be in an NHL arena.

"I thought it was kind of cool to be here," said Willson, a fan of the Maple Leafs. "I was a left-winger, grinding forward-type of guy. I have two brothers and we would play on the street in front of the house, go to spring camps, played all the time. I played a lot of hockey."

Media Day is one of the wildest scenes in sports. Even cur-

rent football players were in on the "reporting" action. Eagles Pro Bowl wide receiver DeSean Jackson co-hosted a show for BET. Steelers defensive end Brett Keisel interviewed players for a shampoo promotion.

"This is pretty crazy, man. Pretty crazy," Broncos defensive end Malik Jackson said. "They told us there were going to be people dressed up, but you never really know what to expect until you see them."

THE ASSOCIATED PRESS

Equus Bass 770 allows fans to dream

\$250K US price tag.

Anonymous passionate millionaire built 100 of these gems and the aesthetically pleasing model surprised many at the Detroit Auto Show



AUTO PILOT
Mike Goetz
drive@metronews.ca

By the time Equus Automotive took the stage at the 2014 auto show in Detroit, the press crowd had thinned out appreciably. Getting slot number 32 on a two-day press conference schedule will do that to anyone, especially to an automaker hardly anyone has ever heard of before.

But Equus Automotive managed to make a bit of a buzz at Detroit by the best way possible — by introducing an exciting automobile, and one from left field so to speak.

The Equus Bass 770 was touted as the quintessential American Luxury GT. Its overall shape pays obvious homage to the Ford Mustang Fastback, circa 1969, while the front grille and headlight design seems to channel the vibe of the Plymouth GTX or Plymouth Roadrunner, circa 1971.

It has a 640-hp V8 from General Motors, and lots of aluminum construction to keep the weight down. Not surprisingly, it accelerates real good and tops-out at over 200 mph (321 km/hr). If you want a totally modern car under a body inspired by the golden age of American pony cars, this is your ride — as long as you can plunk



The body of the Equus Automotive pays homage to the old Ford Mustang Fastback. EQUUS AUTOMOTIVE

down the US\$250,000 asking price.

The 25 employees at the Equus factory in Rochester Hills, Michigan, can build about 100 cars a year. So far 20 orders have been placed, all from overseas customers.

Race driver Ian James is the spokesman and ambassador for Equus; he noted the company is owned and bankrolled by a European businessman who has a passion for classic muscle cars but wishes to remain behind the scenes.

I find it fascinating how these wealthy “car guys” keep doing this — imagining their perfect ride and then setting up a company to build a small number of them. Why don’t they just build one from scratch for themselves and forget about all these tooling and development costs?

I guess having a custom-built car is one thing, but

having it come to life via a genuine car company, and then have other people confirm your aesthetic by buying some examples, is a level or two better on whatever scale they operate on.

It can’t be for business reasons. History has shown that when relatively small companies tool up to build limited-production high-end cars, things tend to go real-bad real-fast in the accounting department. They’re up against very high production and design costs, a very limited and fickle market, and not much room for error.

You only had to look at the Detroit press conference held immediately before the Equus event. Henry Fisker’s dream to build the Fisker Karma plug-in hybrid went bankrupt this year. VL Automotive, co-founded by industry veteran Bob Lutz, is taking those beautiful



The interior of this dream car is a beautiful blend of classic and modern.

but suddenly not-worth-so-much Karma bodies and reformulating them with Corvette V8 engines — basically the same engines in the Equus Bass 770.

But you gotta love guys like Henry Fisker, Malcolm

Brickland, Giotto Bizzarini, Alejandro de Tomaso, etc., as well as that unnamed guy behind the Equus Bass 770. They all brought, or bring, passion, interesting stuff, and colour to the automotive landscape.

5 DRIVE

COROLLA
Like you've never seen it before.

2014 COROLLA CE 6M

GET INTO AN ALL-NEW 2014 COROLLA

LEASE FROM
\$89 SEMI-MONTHLY*

Toyota Semi-Monthly leasing = Up to 11 fewer payments than bi-weekly leasing!

FOR 60 MONTHS AT
2.9%
WITH **\$0** DOWN

TOYOTA LEASE ADVANTAGE

TOYOTA
toyota.ca

*Limited time 2.9% semi-monthly lease offered through Toyota Financial Services on approved credit to qualified retail customers on all new 2014 Corolla models. First semi-monthly payment due at lease inception and next semi-monthly payment due approximately 15 days later and semi-monthly thereafter throughout the term. Toyota Financial Services will waive the final semi-monthly payment. Semi-monthly lease offers not open to employees of Toyota Canada, Toyota Financial Services or TMMC/TMMC Vehicle Purchase Plan. Some conditions apply. See your Toyota dealer for complete details. Example (applies across Canada except Quebec): 2014 Corolla CE 6M with a vehicle price of \$16,415 (includes \$1,100 Toyota Canada Lease Assist, which is deducted from the negotiated selling price after taxes, and \$1,520 freight/PDI) leased at 2.9% over 60 months with \$0 down payment equals 120 semi-monthly payments of \$89 with a cost of borrowing of \$1,735.85 and a total obligation of \$12,369.05. \$0 security deposit and first semi-monthly payment due at lease inception. Price and total obligation exclude license, insurance, registration, fees and taxes. 100,000 km allowance for 60 months, with ability to purchase additional kilometres at \$0.05/km at time of lease inception, and a charge of \$0.07/km for excess kilometres. Dealer may lease for less. Toyota semi-monthly lease program available on 48 month and 60 month terms. Toyota semi-monthly lease program based on 24 payments per year, on a 60-month lease, equals 120 payments per year, with the final 120th payment waived by Toyota Financial Services. Competitive bi-weekly lease programs based on 26 payments per year, on a 60-month lease, equals 130 payments per year.

AGM units has the battery power X-Factor

Driving Force.

Absorbed glass mat batteries deliver a quicker and more reliable charge for electrically heavy cars

**JIL
MCINTOSH**
Drive@metronews.ca

A good battery can make the difference between getting to work on a cold morning, or sitting in your driveway waiting for a boost. A technology called absorbed glass mat, or AGM, can help improve its performance. That's an important consideration, since the battery does more than just start your car.

"The charging system can't keep up with all the

demands that you place on the vehicle," says Sergio Marsili, senior buyer for automotive batteries at Canadian Tire. "You have the heater, the air conditioning, the heated seats, headlights, the radio. Some cars have as many as fifty computers in them that need to be powered.

"On an older car, you could jump-start your bat-

tery and drive for a few hours, because there were very few electronics in the car. Today, if you have a broken battery, jump-starting it might get you started, but two minutes down the road it may stall again, because it needs that power from the battery."

Car batteries make electricity through a chemical reaction between elec-

trodes, usually made of lead, and a liquid electrolyte, usually sulphuric acid—which is why they're called lead-acid batteries.

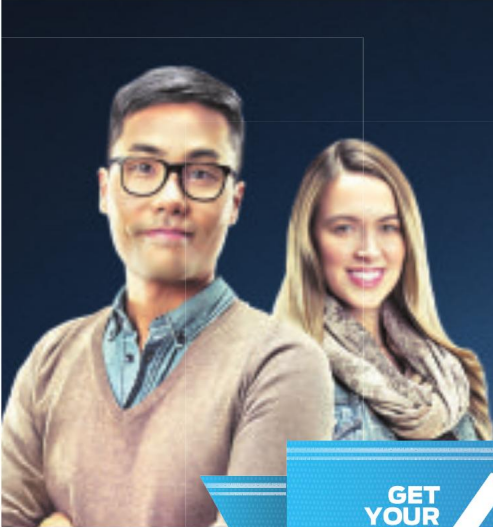
In an AGM battery, there's a fiberglass mat between the electrodes, which holds the electrolyte like a sponge. "There's no free-flowing liquid, so nothing leaks out or is sloshing around in there, and the electrolyte is suspended in these glass mats under very tight compression," Marsili says. "The benefit is that the battery charges faster, even in cold temperatures, and it's always at a higher state of charge than a regular battery might be."

Most car batteries provide a lot of power in a short burst when starting, and then they recharge. They're not designed for deep discharges, such as when you leave your headlights on or run electronic features with the engine off, but AGM batteries can better tolerate it. Because they're tightly packed inside, they're also less likely to be affected by vibration, such as if you

drive a lot on rough roads. Once a battery's about three years old, it should be checked by a technician before each winter. "About one-third of customers replace their batteries proactively, while the other two-thirds wait for it to fail," Marsili says. "There's nothing more frustrating than a dead battery."

To note

- **Maintenance.** The charging system doesn't run all the time on many new vehicles, to improve fuel efficiency, so a well-maintained battery is even more important.
- **Check up checklist.** A battery inspection should include checking the cables and cleaning any corrosion off the terminals.
- **Remember.** Constant short trips are hard on your battery, because it doesn't have a chance to fully charge.






CANADIAN FAVOURITE

It's because of smart technology, fuel efficiency, safety and quality.

But most of all, it's because of you

we're number one four years running.

GET YOUR FIRST

4

BI-WEEKLY PAYMENTS ON US*

WITH THE PURCHASE FINANCE OR LEASE OF SELECT NEW 2013 AND 2014 MODELS



#1 SELLING AUTOMOTIVE COMPANY IN CANADA 4 YEARS RUNNING*

AND UP TO

\$10,000

IN MANUFACTURER REBATES ON MOST NEW 2013 AND 2014 MODELS



2013 F-150 SUPER CAB XLT 4X4 5.0L

CASH PURCHASE FOR ONLY

\$25,999*

OR STEP UP TO A SUPER CREW FOR ONLY

\$2,500*

MORE

Offers include \$10,000 in manufacturer rebates and exclude freight and air tax.

 10.6L/100km 27MPG HWY 15.0L/100km 19MPG CITY**

WELL-EQUIPPED WITH:
17" Machined Aluminum Wheels, AdvanceTrac® with RSC®, Trailer Sway Control, Automatic Headlamps AND MUCH MORE.



ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL

\$1,000**

ON MOST NEW VEHICLES

Discover why more Canadians are driving home a Ford. Only at your **Prairie Ford Store**.



Go Further
prairieford.ca |



AGM or Absorbed Glass Mat batteries charge faster and are more reliable.



AGM batteries help electronically-heavy cars manage better. BOTH CANADIAN
TIRE

Horoscopes

Aries

March 21 - April 20

You may dream of starting from scratch some place new but deep down you know it isn't going to happen. Focus on making the best of where you are and what you have got.

Taurus

April 21 - May 21

You may be determined to discover the truth about something you believe others have been covering up but don't start reading fanciful stuff into situations that are really quite normal.

Gemini

May 22 - June 21

A friendship that has been on a downward spiral will pick up again as from today. You will have to accept that in certain areas you are and always will have different points of view.

Cancer

June 22 - July 23

What you say and do now will determine the level of material and professional success you will enjoy over the next few months. Don't say and do what you think will please those in positions of power. Please yourself first.

Leo

July 24 - Aug. 23

Your aims may seem impractical to some but so what? The approaching new moon will give you a head start on your rivals and no matter how far behind you may be, you will soon be ahead of the pack.

Virgo

Aug. 24 - Sept. 23

Don't fret about how much something is going to cost you. If it is really what you want to be doing then just get on and do it and worry about the financial considerations later.

Libra

Sept. 24 - Oct. 23

Romantic relationships are well starred today. Let the object of your affection know that they are, always have been, and always will be number one in your heart. If you do, the next few days will be extra special.

Scorpio

Oct. 24 - Nov. 22

If your daily routine is too demanding, maybe it's time you did something about it. However, because the changes you make this week are likely to become permanent, make sure you really want them.

Sagittarius

Nov. 23 - Dec. 21

Why are you not getting what you want out of life? If you are honest, you will admit it is because you are spending too much time on things of minor importance. Use your talents!

Capricorn

Dec. 22 - Jan. 20

Help loved ones feel as good about themselves as you feel about yourself. That may be no easy task but it must be done because happiness at home is essential to other things.

Aquarius

Jan. 21 - Feb. 19

The things you think about today are the things you will be doing tomorrow and the day after that, no matter how outrageous some of your thoughts may be!

Pisces

Feb. 20 - March 20

Listen to advice and don't be afraid to act on what you hear. Not everyone is trying to trick you or steal from you, so play down your suspicions and play up to the kind of important people who can help you.

SALLY BROMPTON

Crossword: Canada Across and Down

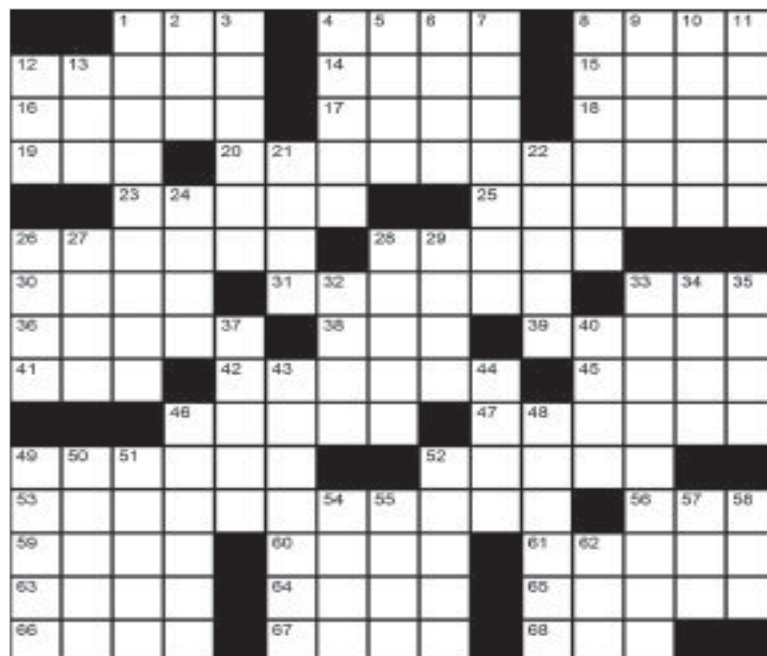
The last four clues were omitted from yesterday's puzzle. We apologize for the inconvenience. Visit metronews.ca/missingclues.

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Across

- Chitchat
- Magician's prop
- "Shoot!"
- Nickname of Prince Charles' first bride: 2 wds.
- "Beach" by Martha & The Muffins
- Trunk
- Doubled Doris Day song word
- Transport by ocean
- Whistle blower?
- Ottawa-born star-of-the-slopes/Olympian: 2 wds.
- Top-tiered star's spot
- Health care professionals
- Turn the key and open
- Bobby Hull's son
- Get ready for the trip
- Detective
- Shortened home
- Unflappable
- Legendary boxing surname
- Area near Montreal, The South
- Languish
- Former Canadian department store
- Not much, just
- Fashion retailer Michelle Obama



- likes, __
47. Charge in the court
49. Quebec Premier, Pauline
52. Embellishments-less
53. Rural-esque region of Winnipeg
56. Enshrouded
59. Emptiness
60. Ms. Peebles'

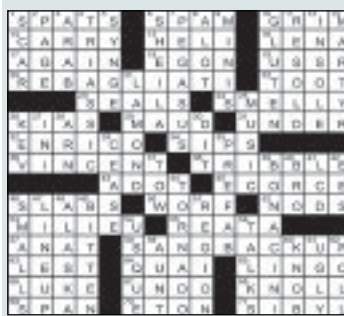
61. Figure of speech
63. Rick's movie beloved
64. Eye part
65. Peter of Herman's Hermits
66. Religious realm
67. Mention
68. Mr. Byrnes of "77 Sunset Strip"
- Down**
1. Arctic hunting

- bird which is NWT's official bird
2. Dates not as ancient as BCs
3. It describes Jaime Sommers
4. "Hmmm, I ___ aware of that."
5. Baldwin brother
6. Not
7. 1987 movie in which Dan Aykroyd

- starred as classic TV character Sgt. Joe Friday
8. Sahara
9. Throbs
10. Big river in Europe
11. Slangy negatives
12. Geography abbr.
13. Cultivate
21. Questions
22. Ms. Buzz of "Laugh-In", and

- others
24. Tricky Norse deity
26. ___-daisy
27. Mr. Berkus, Oprah protege
28. Bruce Greenwood film, "Eight ___" (2006)
29. Total
32. Tardy
33. Movie with a big Bryan Adams hit, "___: Prince of Thieves" (1991)
34. Country's Mr. Church
35. Paving+stone
37. Mr. B. DeMille
40. "Well, ___ known that..." (Things would be different now if...)
43. Particular poison
44. Barn's pal
46. Musician Marc
48. Chuck Berry title song lady
49. Christine of Fleetwood Mac
50. '60s tune: "You Really Got ___ on Me"
51. Lift
52. Western movie search party
54. iPhone's voice-activated helper
55. Serve at the restaurant
57. Highway 'home'
58. Tint
62. Mr. Stewart

Yesterday's Crossword

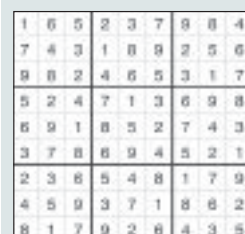


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-14°/-27°
Variable

Thursday

-21°/-24°
Partly cloudy

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

©The Weather Network. 2014



When you Drink the Moo
Remember the Sarcan Blue

U.D.R.S.
UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN
RECYCLING
A DIVISION OF SARC

proud to support
TeleMiracle
KIMBERLY FOUNDATION

proud to
support

KINSMEN KINETTES
**Tele
Miracle**
KINSMEN FOUNDATION

When you Drink the Moo
Remember the Sarcan **Blue**

U·D·R·S
UNIFIED DAIRY RECYCLING SYSTEMS

SARCAN
RECYCLING
A DIVISION OF SARC